

Allergen List [as @ May 2021]

This information is based upon the accuracy of the product information provided by food manufacturers. Pita Pit has made every effort to ensure the accuracy of the information however ingredient changes and/or substitutions may occur before this list is updated.

	Gluten	Dairy	Soy	Egg	Peanuts	Tree Nuts	Sesame	Mustard	Fish	Shellfish	Lupin	Sulphites	Other	Vegetarian	Vegan
PROTEIN															
Chicken Breast	*														
Chicken - Teriyaki	*	*	✓		*	*	✓							✓	
Grilled Lamb			✓												
Grilled Steak			✓									✓			
Prawns										✓				✓	
Black Bean Pattie (V+)														✓	✓
Falafel (V+)														✓	✓
Feta & Quinoa (Rosti) (V)		✓												✓	
Kumara & Lentil (Rosti) (V+)														✓	✓
Bacon			*												
Egg (Whole Fresh)				✓										✓	
Cabanossi Sausage													Nitrates		
Ham			✓										NitratesHoney		
PITA BREAD															
Gluten Free Pita							*							✓	✓
Plain Pita	✓													✓	✓
Wholemeal Pita	✓													✓	✓
FILLINGS															
Lettuce														✓	✓
Red Cabbage & Carrot Mix (contains red onion)														✓	✓
Spinach														✓	✓
Avocado (Smashed)														✓	✓
Capsicum														✓	✓
Carrot														✓	✓
Corn														✓	✓
Cucumber														✓	✓
Gherkins														✓	✓
Hummus							✓							✓	✓

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~ The term vegetarian is used to describe a person who includes eggs and milk in their diet for the classification in this listing.

	Gluten	Dairy	Soy	Egg	Peanuts	Tree Nuts	Sesame	Mustard	Fish	Shellfish	Lupin	Sulphites	Other	Vegetarian	Vegan
Tri-colour Jalapenos														✓	✓
Mushroom														✓	✓
Pickled Beets												✓		✓	✓
Pineapple														✓	✓
Brown Rice														✓	✓
Red Onion														✓	✓
Grilled Kumara														✓	✓
Roasted Red Peppers												*		✓	✓
Three Bean Mix	*		✓											✓	✓
Kimchi									✓						
Tomatoes														✓	✓
Cheddar Cheese		✓													
Feta Cheese		✓												✓	
Parmesan Cheese		✓													
SAUCES															
Aioli		✓		✓										✓	
BBQ Sauce														✓	✓
Korean BBQ Sauce	✓		✓				✓							✓	
Caesar Dressing		✓		✓					✓						
Cucumber Yoghurt Dressing		✓	✓											✓	
Habanero (Mexicano Only)			✓											✓	✓
Hemp Seed Dressing												✓		✓	✓
Honey Mustard Dressing														✓	
Hot Chilli														✓	✓
Mayonnaise		✓		✓										✓	

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	Gluten	Dairy	Soy	Egg	Peanuts	Tree Nuts	Sesame	Mustard	Fish	Shellfish	Lupin	Sulphites	Other	Vegetarian	Vegan
Rosemary Vinaigrette														✓	✓
Smoked Chipotle Mayo			✓	✓										✓	
Sour Cream		✓												✓	
Sweet Chilli														✓	✓
Teriyaki Sauce		*	✓		*	*	✓							✓	
Tomato Kasundi														✓	✓
Tomato Ketchup														✓	✓
Napolitana (Pizza Sauce)														✓	✓
SEASONINGS															
Cajun Seasoning	*		✓									✓		✓	✓
Chipotle Seasoning	*													✓	✓
Garlic & Herb	*											✓		✓	✓
TOPPINGS															
Sliced Almonds	*	*	*		*	✓	*							✓	✓
Toasted Seeds	*	*	*		*	*	*							✓	✓
SNACKS & TREATS															
Brownie	✓	✓	✓	✓										✓	
Brownie (Gluten Free)		✓	✓		*	*								✓	
Cookie	✓	✓	✓	✓	*	*								✓	
Grilled Wedges	✓	*	✓	*										✓	✓
Loaded Wedges (per portion)	✓	✓	✓	*											
Loaded Pita Chips - Falafel (per portion)		✓											Honey		
Loaded Pita Chips - Chicken (per portion)	✓	✓		✓											
Chicken Tenders															

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